



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 19078, Baking chocolate, unsweetened, squares

Report Date: June 26, 2017 16:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	1.34	--	0.092	1.22	1.52	2.0	0.946	1.734	1	Analytical or derived from analytical	--	02/2003
Energy	kcal	642	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
Energy	kJ	2685	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
Protein ¹	g	14.32	--	0.180	14.07	14.67	2.0	13.544	15.096	1	Analytical or derived from analytical	--	08/2014
Adjusted Protein	g	12.90	--	0.162	12.67	13.21	2.0	12.201	13.598	1	Calculated or imputed	--	12/2006
Total lipid (fat) ¹	g	52.31	--	0.337	51.89	52.98	2.0	50.862	53.765	1	Analytical or derived from analytical	--	02/2003
Ash ¹	g	3.60	--	0.146	3.33	3.83	2.0	2.974	4.232	1	Analytical or derived from analytical	--	02/2003
Carbohydrate, by difference	g	28.42	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
Fiber, total dietary ¹	g	16.6	--	0.242	16.1	16.8	2.0	15.532	17.615	1	Analytical or derived from analytical	--	12/2006
Sugars, total ¹	g	0.91	--	0.177	0.56	1.09	2.0	0.153	1.673	1	Analytical or derived from analytical	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.91	--	0.177	0.56	1.09	2.0	0.153	1.673	1	Analytical or derived from analytical	--	08/2014
Glucose (dextrose) 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2014
Fructose 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2014
Lactose 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2014
Maltose 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2014
Galactose 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2014
Minerals													
Calcium, Ca 1	mg	101	--	7.206	87	109	2.0	70.296	132.304	1	Analytical or derived from analytical	--	02/2003
Iron, Fe 1	mg	17.40	--	2.854	12	21.7	2.0	5.122	29.678	1	Analytical or derived from analytical	--	02/2003
Magnesium, Mg 1	mg	327	--	7.767	312	338	2.0	293.579	360.421	1	Analytical or derived from analytical	--	02/2003
Phosphorus, P 1	mg	400	--	25.115	350	431	2.0	291.604	507.729	1	Analytical or derived from analytical	--	02/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K 1	mg	830	--	41.914	784	914	2.0	649.992	1010.674	1	Analytical or derived from analytical	--	02/2003
Sodium, Na 1	mg	24	--	2.671	19	28	2.0	12.141	35.126	1	Analytical or derived from analytical	--	02/2003
Zinc, Zn 1	mg	9.63	--	1.011	7.9	11.4	2.0	5.286	13.981	1	Analytical or derived from analytical	--	02/2003
Copper, Cu 1	mg	3.233	--	0.088	3.1	3.4	2.0	2.854	3.613	1	Analytical or derived from analytical	--	02/2003
Manganese, Mn 1	mg	4.167	--	0.186	3.8	4.4	2.0	3.368	4.965	1	Analytical or derived from analytical	--	02/2003
Selenium, Se 1	µg	8.1	--	--	6.4	9.8	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Thiamin 1	mg	0.147	--	--	0.14	0.15	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Riboflavin 1	mg	0.100	--	--	0.1	0.1	--	--	--	1	Analytical or derived from analytical	--	02/2003
Niacin 1	mg	1.355	--	--	1.14	1.57	1.0	--	--	1	Analytical or derived from analytical	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid ¹	mg	0.168	--	--	0.15	0.18	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Vitamin B-6 ¹	mg	0.027	--	--	0.03	0.03	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Folate, total ¹	μg	28	--	--	28	28	--	--	--	1	Analytical or derived from analytical	--	02/2003
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Folate, food	μg	28	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Folate, DFE	μg	28	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total ¹	mg	45.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Betaine ¹	mg	2.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta ¹	µg	0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
Carotene, alpha ¹	µg	0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
Cryptoxanthin, beta ¹	µg	0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Lycopene ¹	µg	0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
Lutein + zeaxanthin	µg	38	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2002
Vitamin E (alpha-tocopherol) ²	mg	0.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ²	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Tocopherol, gamma ²	mg	5.83	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Tocopherol, delta ²	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ¹	µg	9.7	--	--	8.4	11.1	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Lipids													
Fatty acids, total saturated	g	32.277	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
4:0 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
6:0 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
8:0 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
10:0 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
12:0 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
13:0 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
14:0 ¹	g	0.033	--	0.033	0	0.1	2.0	-0.109	0.174	1	Analytical or derived from analytical	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
16:0 1	g	13.309	--	0.010	13.3	13.33	2.0	13.267	13.35	1	Analytical or derived from analytical	--	08/2014
17:0 1	g	0.100	--	0.001	0.1	0.1	2.0	0.097	0.103	1	Analytical or derived from analytical	--	12/2006
18:0 1	g	18.232	--	0.348	17.78	18.92	2.0	16.733	19.73	1	Analytical or derived from analytical	--	08/2014
20:0 1	g	0.553	--	0.026	0.51	0.6	2.0	0.442	0.664	1	Analytical or derived from analytical	--	08/2014
22:0 1	g	0.050	--	0.029	0	0.1	2.0	-0.074	0.175	1	Analytical or derived from analytical	--	12/2006
24:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
Fatty acids, total monounsaturated	g	16.068	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
14:1 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
15:1 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated ¹	g	0.100	--	0.001	0.1	0.1	2.0	0.097	0.102	1	Analytical or derived from analytical	--	12/2006
17:1 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
18:1 undifferentiated	g	15.969	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
18:1 c ¹	g	15.969	--	0.039	15.92	16.05	2.0	15.802	16.136	1	Analytical or derived from analytical	--	08/2014
18:1 t ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
20:1 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
22:1 undifferentiated ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
24:1 c ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
Fatty acids, total polyunsaturated	g	1.551	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
18:2 undifferentiated ¹	g	1.435	--	0.008	1.42	1.45	2.0	1.401	1.468	1	Analytical or derived from analytical	--	08/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.117	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
18:3 n-3 c,c,c (ALA) ¹	g	0.117	--	0.016	0.1	0.15	2.0	0.046	0.187	1	Analytical or derived from analytical	--	12/2006
18:3 n-6 c,c,c ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
20:2 n-6 c,c ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
20:3 undifferentiated ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
20:4 undifferentiated ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
20:5 n-3 (EPA) ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
22:6 n-3 (DHA) ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol 1	mg	2	--	--	2	2	1.0	--	--	1	Analytical or derived from analytical	--	08/2014
Stigmasterol 1	mg	38	--	--	38	38	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Campesterol 1	mg	13	--	--	13	13	--	--	--	1	Analytical or derived from analytical	--	02/2003
Beta-sitosterol 1	mg	85	--	--	85	86	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Amino Acids													
Tryptophan 1	g	0.130	--	--	0.12	0.14	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Threonine 1	g	0.370	--	--	0.37	0.37	--	--	--	1	Analytical or derived from analytical	--	02/2003
Isoleucine 1	g	0.410	--	--	0.4	0.42	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Leucine 1	g	0.695	--	--	0.67	0.72	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Lysine 1	g	0.470	--	--	0.46	0.48	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Methionine 1	g	0.140	--	--	0.14	0.14	--	--	--	1	Analytical or derived from analytical	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine 1	g	0.225	--	--	0.22	0.23	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Phenylalanine 1	g	0.525	--	--	0.52	0.53	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Tyrosine 1	g	0.425	--	--	0.4	0.45	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Valine 1	g	0.655	--	--	0.65	0.66	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Arginine 1	g	0.815	--	--	0.79	0.84	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Histidine 1	g	0.215	--	--	0.19	0.24	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Alanine 1	g	0.475	--	--	0.45	0.5	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Aspartic acid 1	g	1.270	--	--	1.25	1.29	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Glutamic acid 1	g	1.870	--	--	1.81	1.93	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Glycine 1	g	0.505	--	--	0.49	0.52	1.0	--	--	1	Analytical or derived from analytical	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline ¹	g	0.880	--	--	0.84	0.92	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Serine ¹	g	0.530	--	--	0.52	0.54	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Hydroxyproline ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2006
Caffeine ¹	mg	80	--	0.000	80	80	--	--	--	1	Analytical or derived from analytical	--	02/2003
Theobromine ¹	mg	1297	--	34.801	1,240	1,360	2.0	1146.93	1446.403	1	Analytical or derived from analytical	--	08/2014
Flavonoids													
Flavan-3-ols													
(+)-Catechin ⁵	mg	64.3	--	15.49	26	117	--	--	--	--	--	--	--
(-)-Epicatechin ⁵	mg	141.8	--	23.58	66	201	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers ^{3,4}	mg	162.8	--	41.64	117	217.38	--	--	--	--	--	--	--
Proanthocyanidin trimers ^{3,4}	mg	123.6	--	31.23	98	186	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ^{3,4}	mg	358.4	--	114.68	191	563	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ^{3,4}	mg	240.2	--	84.68	121	366	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ^{3,4}	mg	562.8	--	164.85	301	830	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6b, 2002 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1992 Beltsville MD

³Gu, L., House, S.E., Wu, X., Ou, B., and Prior, R.L. Procyanidin and catechin content and antioxidant capacity of cocoa and chocolate products, 2006 J. Agric. Food Chem. 54 pp.4057-4061

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